

*Aug 174* AN  
HOSPITALL FOR  
THE DISEASED.

WHEREIN ARE TO

be found most excellent approued Medicines,  
as well Emplaisters of speciall vertue, as also  
notable Potions or Drinkes, and other com-  
fortable Receipts, for the restitution and  
preseruatiō of bodily health.

Very necessary for the time of common Plague and  
mortalitie: and for other times when  
occasion shall serue.

*Newly augmented and enlarged.*

Gathered by T. C.

Ecclesiasticus 38. 4.

*The Lord hath created Medicines of the earth, and hee that is  
wise will not abhorre it.*



LONDON

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signe of the Gun. 1619.



LONDON



To all such Readers, as haue care of  
*their bodily health.*

**H**OW prouident a Patrone & bountifull a Father, the Lord God of life is vnto vs vnthankfull and rebellious children, his manifold benefits doe testifie : yea the continuance of his kindnesse is herein principally declared. For whereas our owne naturall corruption worketh daily in vs the banishment out of his fauour, and the danger of reprobation: he notwithstanding in consideration of our weaknes, withdraweth not his compassion from vs, but in all our necessities, reaching out his helping hand vnto vs, is most ready (as hee is alwaies able) to plucke vs out of the pit of perdition, wherinto the haynousnes of our transgressiōs (as it were with a Cable) haleth vs perforce. O gracious God, how shall sinners worthily aduance the excellencie of thy loue! Who shall giue thē an heart to conceiue thy kindnes? Whence shall they haue viterance to found out thy mercy? Of themselues (because they are vessels of wrath) they cannot compasse so perfect a worke. Thou therefore which art the perpetuall spring of all goodnes, giue it thē : O giue it them, & they shall haue it : yea & in the hauing of it, they shal magnifie thy name, extol thy power, & maruell at thy mercy. Where is one, among thousand thousands, that looking vpon the heauens most gloriously beautified, vpon the earth most plenteously enriched, vpon the frame of his owne body, most Angellically created, but shal of compulsion acknowledge the omnipotencie of God, & confesse the vnmeasurable greatnes of his goodnes, and loue toward man? The Heauen, to maintaine life and light: The earth to succour and sustaine nature: All creatures liuing in land or water, to supply his wants: nothing to be reckoned and named which hee hath not most liberally giuen vnto man, as appointing him Lord and Soueraigne, but them his vassalles or seruants. Against hunger, lest thou shouldest famish, he hath provided nourishment: against thirst,

*To the Reader.*

thirst, lest thou shouldest perish, hee hath ordained saoury liquors: Against cold, lest thou shouldst die in thy nakednes, he hath giuen thee clothing. And what hath he done besides? Hath he not special regard to thy condition & estate? I meane to the health of thy body, and the safety of thy soule? Yes, yes, and that is euidently proued by the manifold remedies, which he hath prepared to restore thee to soundnesse of lim and life, and by the free course of the pearle of his Gospel, which is the Jewel of all Christian ioy. In consideration of these so many good graces of God, what doth Christian duety require? (I speake to all, vnto whose view and censure this Preface shall be presented.) Let them take the sweet sacrifice of thankfulness, and burne the same vpon the Altar of an humble heart, that the redolent and perfumed incense of the same ascending vp into heauen, may smell sweet in his nosethrills, whose speciall delight is in such a burnt offering & oblation. Thus much haue I said by way of aduertisement, vpon occasion of this present Booke, whose benefits as they are diuers, so are they singular, and in them all is Gods goodnesse highly commended. Note of my words, and then iudge of the value and worthinnesse of the Booke. Art thou diseased in thy head? art thou grieved in thy heart? art thou pained with Ache? art thou tormented with a Feauer? art thou wounded? art thou troubled with any irkesome sore? Doth thy sight faile? Doth thy hearing waxe weake? Doth thy youth weare away? Doth age creepe on apace? Finally, doost thou feele thy selfe infected with the poison of the Plague and Pestilence? Then delay no time: but with a small price buy a gemme worth gold (this Booke I meane,) which though it be little in quantitie, yet it is great in qualitie and vertue. Here (as in a cunning Apothecaries shop) are receipts of sundry sorts provided, wherewith the rage of any sore may be mitigated: the nipping smart of any Vicer or wound asswaged, and the venome of any maladie expelled, and the perfection of health restored. Thanke God and vse it in thy neede. Heere thou hast succour to serue thee in thy sicknesse.

*Thms farewell in Christ, T. C.*



# An Hospitall for the diseased.

## A preſeruatiue againſt the Plague.

**T**ake a handfull of Sage, a handfull of Herbe-grace, or  
therwiſe called Kew, a handfull of Elder-leaues, a  
handfull of red Bramble-leaues, and ſtampe them together,  
and ſtraine them through a cloth, with a quart of White  
Wine: then take a quantity of Ginger, and mingle them all  
together, and drinke thereof morning and evening a ſpoue-  
full nine dayes together.

For the party infected with the Plague.

If it fortune one to be ſicke of the Plague beſore hee haue  
drunk the foreſaid medicine, then take the water of Scab-  
ious a ſpouefull, water of Betonie like much, and a quantity  
of fine Treacle, put it together and drinke it, and it will ex-  
pell all the venome.

A Medicine to breake the Botch.

If it fortune the Botch to appeare, then take Bramble-  
leaues, Elder-leaues, Puſſard-ſeed, and ſtampe them all to-  
gether, and then take it, and make a plaiffer, and lay it to the  
ſore, and it will draw out the venome.

A Medicine for the Plague.

Take three ſlips of hearbe Grace, and ſixe ſpoufuls of Vi-  
neger, & heate the ſame together, then ſtraine the iuyce out  
thereof, & put thereunto one ounce of fine Treacle, and one  
ounce of Sugar, and ſtir it together, then ſet it ouer the fire, &  
make thereof a Syrop and put it in a box cloſe, then take a  
Sage-leafe, and every morning faſting, ſpread as much as a  
Beane thereof vpon the ſame Leaſe and ſo eate it. And if he  
that taketh it, be infected, it will drine it from the heart, and  
if the party that taketh it evening and morning, be not in-  
fected, it will preſerue him within 24. houres after.

A plaiffer to draw the ſore.

Take one ſpouefull of Hony, the iuyce of Spurge, two  
ſpoufuls and a halfe: of Wheaten-flowe a good quantity, &

## An Hospitall

one spoonefull of Terpentine, and temper these together without fire, and make of the same a plaister, and lay it to the soze, changing it at euery 24. houres.

A good medicine against the Plague approued.

Amongst other excellent & approued medicines for the pestilence, there is none more woorthy available when the soze doth appeare, then to take a Cocke, Pullet or chicken, & let the feathers of the tayle of the highest part be plucked off, til the rumpe be bare: then hold the said bare of the Pullet to the soze, and the Pullet will gape and labour for life, and in the end will dye: then haue another Pullet, and doe the like to the Patient, and if that dye, yet still apply the Patient with Pullets so long as any do dye: for when the poyson by the said Chickens be drawne forth, the said Chickens that be offered thereunto will liue, then the soze presently will stouage, and the party forth with reuenereth: this medicine is necessary to drine the venome from the heart.

A Soueraigne drinke against the Pestilence.

Take an ounce of Sozrell water, and as much Dragon water, a dragme of Treacle, and put thereto a dragme and a halfe of powder Imperiall, and giue it to the Patient with Ale within 24. houres after he is infected, and he shall with Gods grace escape and doe well.

A plaster to draw a head to the sore of the Plague, and to breake it.

Take two Lilly roots, one handfull of sowze Dough, two handfulls of Mallowes, one handfull of Linseed, stampe all these together smal, and boyle them in a quart of the Lees of Wine till it be thick, then lay it an ynch thick vpon Leather, broader then the soze, and let the borders of the leather be playstered with Cordiers ware, to make it cleane: it shall bring out the Botch in 12. houres, and breake it shortly.

A medicine that was taught King Henry the seventh by his Physician, against the Pestilence.

Take halfe a handfull of Rew, likewise of Mandragories, Featherfew, Sozrell, Burnet, & a quantity of the crops and rootes of Dragons, wash them cleane, & seethe them with a soft

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soft fire in running water, from a pottle to a quart, and then straine them together thzough a cleane cloth, & if it be bitter, put thereto a quantity of Sugar-candy, oz of other Sugar: and if this medicine be vsed befoze the Purples doe arise, yee shall be whole by Gods grace.

A medicine to be drunke, suspecting any  
to haue the Plague.

Take a great Onyon, and the roze being taken out, fill the same ful of good Treacle of Seane, & wrap the same in a paper, and rost it till it be soft, then straine the same with a little wine Vineger, and being tempered with a quantity of Sugar, giue the Patient to drinke two spoonesfull fasting: and if the Patient be infected with the Plague, you shall perceine the appearance thereof, within sixe houres after the receipt of the same drinke.

Also for the vsuall drinke of euery Patient  
being so infected.

Take Rosemary the quantity of eight oz nine crops: then take of Parigolds being broken within, of Burnet, and of Bourage, euery one a handfull thereof, let them be sod in a quart of stale Ale clarified, then put into it a crust of Bread, a little whole Spice, and a quantity of Sugar, and let him drinke the same at all times during his sicknesse, and put Pimpernell in his Broth.

Also another drinke to be taken euery morning for a preseruatiue against the Plague, and for the auoyding  
of infection.

Take Sauery the quantity of a handfull, and boyle the same in a quart of good wine Vineger, with a spoonesfull of Graines being beaten, and put into the same: then drinke the same with a quantity of Sugar euery morning fasting.

For the Plague.

Take in the morning fasting one dzy Figge, one Walnut, and foure oz five leanes of Kew, chopped all together, and eate them, and after wards drinke a cup of Wine: if it be a woman with childe, leaue out the Kew.

A good medicine against the Plague.

Take

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Take Betonie water the quantity of thre spoonfulls, of good wine Vineger, the quantity of thre spoonfulls, and the quantity of a Putneg of good Treacle of Feane, or else the quantity of a Pasell Put of Methridatum being all mixed together, take it in the beginning of the sicknesse.

For the Plague.

Take an ounce of the leaues of Kiew, halfe an ounce of good Figs, an ounce of Juniper berries, 2. ounces of Walnuts picked, 4. ounces of Vineger, & a good quantity of Saffron, stamp all the foresaid things together, & reserue them in an earthen pot or a glasse fast stopp'd, that no ayze issue out, whereof if ye receiue in the morning vpon a kniues point the quantity of a Beane or more, yee shall bee sure by the grace of God not to be infected with in 24. houres after.

A Medicine for the Plague or Leprosie.

Take Hearbe grace, Sothernwood, Dingwort, Worme-wood, of each a handfull, thre or foure handfulls of Juniper berries, those which be black, cut and shred the herbs small, and put them into a Flanders Pipkin, and powze thereto foure quarts of good White wine Vineger, & let them soke seuen nights if the hearbs be dry, if they be greene, let them not soke aboue foureteene houres, then put a handfull or two of those hearbs which bee in the Pipkin into the Still, and then take out a quart of the same Vineger, and powze it into the Still vpon the hearbes, and distill it with a pretty soft fire, for too great a fire will wasse it away, and so still it vntill you haue skiled all, from the Pipkin into the Stillatozy, and after this powze it into the Pipkin againe, and put as many new and fresh hearbs, with so many berries as you had befoze in the Pipkin againe, and so let them soke one o-ther 7. nights, and then still them again as you did befoze, & so the third time to be used with new hearbs, &c. in the same maner as befoze, and at the last time put 4. ounces of Methridatum into the Pipkin amongst the hearbs, or else five or six ounces of Treacle, in place of the Methridatum for want thereof, and then being skiled as befoze, put the same into a double glasse, and stoppe it with a piece of leather bound

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bound about it, and if the party be infected, let him take there of 4. ounces at one time, and if neede be, you may giue him so much for two or three dayes, as you see cause, and to a woman but two ounces, and to children according to their age, and as they be able to beare it: and so sweate two or three houres, or longer, if the party may endure, and one stand by alwayes to wipe their face, lest by putting out their hand they take cold, &c. when all this is three times filled, it will not amount to above three or foure quarts.

An oyle for all manner of aches, bruises, and strainings of the Sinewes.

Take a pottle of Peates seete oyle, and a quart of an Oxe gall, a pinte of Aqua viæ, a pint of Rosewater, Bay-leaves, Rosemary stripped from the stalkes, Strawberry leaues, roots and strings of Lavender rotten, of euery of these a handfull, beate them small, and put them into the foresaid stufte, and seethe it ouer a fire of coales, in a Pan of two gallons, & at your owne perill, let not the flame touch the stufte: let it sceth very well, and then take it off, and let it stand untill it be almost cold, then straine it through a course linnen cloth, but not the bottome of the said liquoz, then put it in a glasse, & so keepe it, and when you are pained, anoint your grieve withall.

For an ache.

Take Aqua composita, and the Oyle of Peates seete lukewarme, and anoint the Patient vpon the place of the grieve, laying warme clothes thereon.

A Medicine for an ache, or shrinking of the sinewes.

Take the tendryngs of Rosemarie, and Marsh Mallows, by as euen portions as you can gette, gather your hearbes when they be dry from raine and dew: pound them in a Morter very small, then take May Butter well clarified, and put it to the hearbs, and mingle it in a vessell, and let it stand foure dayes, then set it ouer the fire, and let it seethe till the strength of the hearbs be gon, then take a little of it in a sponne, and let it drye vpon the naille, and if it be greene as the Emerald, it is perfect: and then put it in an earthen pot, and when you will acceptie it, you must warme it.

## An Hōspirall

A Medicine for an Ache.

Take Parsly, and Wormewood, of each a handfull, & scethe them in a quart of Ale, with a quantity of sweet Butter, and wash well the place therewith that akes, and also bind the hearbes to the place, as hot as you may suffer it.

An approoued oynment for Aches.

Stampe Smallage and put it in Aqua vitz, and straine it, then put thereto Bozes greace, and straine them well together, and anoint the Patient befoze the Ache therewith euening and moorning.

A Medicine for an Ache in any place.

Take Solw-thistle, Chickweed, Elder-leaues, Grounself, and Cleners, of each a handfull, dry all these together between two Tiles, and lay these hearbes to the place where the grieve is, let the hearbes be washed befoze they be dried.

A Medicine for aking sores.

Take ioyce of Smallage, of Dozell, of Maybed, of each of them like much, take Honney, and the white of an Egge, of either like much, and mingle them together till it thicken, let it come nere no fire, but all raw and cold lay it to the soze.

For Aches and swellings in the knees.

Take a quart of Palmesey, and a handfull of Time, boyle them together, and when it is halfe boyled, put in a good pece of sweet Butter, and let them boile together from a quart to a pinte: whē you goe to bed, bathe your knees well therewith, & wet a cloth thre or foure times double therein, and lay it to your knees as hot as you can suffer all night, and use this Ache or seven times, and it will doubtlesse helpe you.

For a Sciatica or Ache.

Take oyle of Beates seete, and Aqua composita, & ansint the same place where the paine is, then take wooll newly plucked from the shēpes backe, and lay thereon, and wzap it well with warme clothes.

A Plaister for an Ache.

Take as much stōne Pitch, to the quantity of a Tennis Ball, & a spōnefull of Tar, and a pennitwozth of Treacle & Rosin, to the quantity of a Tennis Ball, and a spōnfull of Honey, boile it



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It ouer the fire in a Bettle, and fir it all together till it be well melted, then take a new shapen skinne, and make holes in it with a Bodkin, & spread the Medicine on the fleshy side of the skinne, and lay it to the Ache as hot as you may.

For an Ague.

Take Burre-roots, and red Pettle crops: and sethe them in stale Ale, & clarifie it, and giue the sicke thereof to drinke about such time as the cold beginneth to come, and after the heat be past. When you see that he beginneth to sweate, giue him to drinke Posset Ale, made with Marigold and Fennell, and see the Posset Ale be well clarified: vse this Medicine, for it will take away the Ague within thre or foure fits at the vttermost.

A Medicine against the hot Feauer.

Take a handfull of Bay-leaues, a handfull and more of red Sage, & sethe the same in a pottle of stale Ale, to a quart, and the same being strained, let the Patient being in bed, drinke thereof a good draught, being warmed with a little Sugar, an houre befoze his fit doe come.

A good Medicine for an Ague, be it quotidian or quartane.

Take of Smalage, and of Featherfew, of either of them the quantity of a handfull, Hampe them and straine them, & then take halfe so much as the iuice of the same is, of small Ale, and being mixt together, drinke it warme a little befoze the time that the fit should come: that is to say, when you perceiue any grudging. This must be drunke thre seuerall times, the Patient going to bed, and clothes ynow layd vpon him.

A Medicine for an Ague.

Take Pettles, Cobwebs, and Salt, and beate them in a wooden-dish, and lay it to the left arme of the sick, and it will take away the heate of the Ague.

For the Ague.

Take Sot, and yolkes of Eggs, and Bay salt, and Pepper, and mingle them together, and lay it to both ioynts, and it will take away the Ague.

For your drinke in your Ague.

For your drinke, take Als, & not strong, & vse it luke-warme.

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Drinke and Pottage in an Ague.

Take your Pottage and Posset Ale, & Almond milke, with these hearbes following, that is to say, Sincskoile, Surcozy, Buglosse, Endive, Bozage, Sozrel, Lettice, and Fenel roots, and Parsely rootes, great Rapins and Prunes.

A Medicine for the drought in an Ague.

Take a quantity of Bourage, a quantity of Sozrell, a certaine of Violet leaues, a certaine of Strawberry leaues, seeth them in a pottle of faire running water, to a quart, then straine the hearbes, then take Almonds, and blanch them, beate them and straine them with the said water, and put Sugar therein and drinke it warme.

A Medicine for the quarrane Ague, and for the drought.

Take a pottle of good red Wine, and a pottle of new Milke of a Cow of one colour, take two or three good handfuls of Poulse-eare cleane picked and washed, strip it into the Milke and Wine, and temper them together, & let them stand so one night: and put them in a faire Still, and still them with a soft fire, and take the water and put it in a faire Glasse, & set it in the Sunne foure or five daies, and let the sicke when he drieth in his Ague, drinke thereof three or foure times, and he shall be rid of his Ague, and this drinke shall quench his drought.

A Medicine against the Quartane,

Take shell Snailles two handfuls, Bay salt, Mallowes, of each a handfull, beate these together, and lay it to the soles of your fecte, before the quartane fit both come.

A Medicine for a cold in a Feauer.

Take Camomile and Wormewood, and seethe them in a quart of Ale, till halfe bee consumed, and giue it the Patient first and last.

A Medicine against the hot Feauer.

Take a pottle of stale Ale, and a bottome of a stale white Roafe, and a handfull of Sincskoile, a handfull of Camomile, Treacle and Vineger, of each a spoonfull, a few whole Paces, Sugar Candy, as much as they list, & seethe these vntill halfe be consumed, and straine it from the hearbes, and giue it to the Patient

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Patient to drinke, and none other drinke during his heat, and as much thereof as he will, and it helpeth.

For the Ague.

Take two oz three Cloues of Garlick, and bruse them, and a pennyworth of Aqua vi x, halfe a pint of Ale: seeth the together, & drinke it a little before the fit come, as hot as you may.

Against the corrupt ayre.

Take Betony, Centoꝝy, and Cgrimony, of each a handfull, and stampe them & straine them with Ale, and with a Lycopris sticke brused, and then boyle it, and clarifie it, and make it pleasant with Sugar, and drinke thereof euery moꝝning blood-warme three spoonesfulls, three oz foure dayes.

To make a man haue an appetite to his meate.

Seeth Centoꝝy in faire cleane water, and let the sick drinke thereof euery moꝝning blood-warme, three spoonesfulls, three oz foure dayes.

To make a man haue an appetite to his meate.

Seeth Centoꝝy in faire cleane water, and let the sick drinke it luke-warme fasting three dayes, each day nine spoonesfulls, & he shall be whole, for this purifieth the stomack and brest also.

A good comfortable powder to digest well, and many other good properties.

Take Pellatoꝝy of Spaine, Centoꝝy, Annis, Lycopris, Graines of Paradise, Ginger, Sinamon, of each like much beaten, and searced into fine powder, and drinke thereof moꝝning and euening halfe a spoonesfull in Wine oz in Ale.

To make Ipocras for a weake stomacke.

Take a pint of Aqua vitæ, and put it in a glasse: then take 2. ounces of Sinamon and one ounce of Ginger, two pennyworth of Cloues, two pennyworth of Graines, one of Putmegs, & beate them altogether to grosse powder, and put them all into the glasse to the Aqua vitæ, & shake it euery day often, nine dayes together: and then drinke it in Wine oz Ale, halfe a spoonesfull, oz a quarter with halfe a pint of Ale.

A Medicine to cleanse the Back, and to purge the Reines.

Take one Fennell roote, and two Parsly rootes, and pick out the piths of them, & take thereto one handfull of Pella-

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toꝝ of the wall, & all these being washed cleane, sethe in Pos-  
set Ale, and drinke thereof when you goe to bed, and if you  
wake at midnight, drinke you also.

A Medicine for the paine in the backe, and for the  
heate in the backe.

Take Rosewater, and put thereto Saunders, and Rose-  
leaves, and lay them in steepe in your Rosewater one whole  
night, then wash your backe with the same, and it wil take a-  
way the heate, and greatly comfozt the Reines.

For paine in the backe.

Take Sage, Rosemary, Camomile, and Maudlin, of each  
of them a handfull, then stampe them together, and fry them in  
May Butter, and anoint your backe with it warme.

A Medicine for the Reines of the Backe.

Take halfe an ounce of Turpentine of Venice, and let it  
be well washed in Plantine water, or Rosewater, and then  
mire it with fine white Sugar, and make thereof soure or five  
bals, which you must eate, thre in a morning fasting, and day-  
ly drinke a little White wine, or Rensh Wine immediatly  
after.

To driue out a paine or griping in the Belly.

Take Sothernwood, and lay it against the place of the  
contrary side where the toꝝment is, and it wil drue it out, and  
if it be laid to the Panell, it will drue away the paine.

For the biting of any venomous beast.

Take Plantine, & drinke the iuyce thereof, and take Plan-  
tine and Salendine, of each like much, stampe them & temper  
them with stale Pisse, and lay it to the soꝝe, and it wil allwaye  
the swelling, and draw out the venome.

A Medicine for the byting of a mad dogge.

Take a good handfull of Betony, and a handfull of Wilde  
Sage, a handfull of Nighthade, & faire running water a pynt,  
the hearbs being stampe and strained therewith, & put there-  
to a pennitwoꝝth of Treacle, and giue it to the Patient to  
drinke two or thre moꝝnings.

A Medicine to stop bleeding.

Take Centoꝝy, greene Kew, and red Fennell, and stampe  
and

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and straine them, and drinke them warmed.

A Medicine to stop bleeding.

Take Bursa Pastoris, Plantaine, and Flop, of each of them like much, and bruse them in a Morter, and warme them as hot as you can against the fire, and lay them to the nose of him that blédeth, and bind some of the hearbs to his Temples as hot as he can suffer them.

Another Medicine for the same.

Take an old cleane linnen cloth, and wet it well in Vineger, then burne it to powder, then take the powder therof, & if it be a wound, cast it therein, and it will stop the bleeding immediately, but if the nose bléde, then snuffe by the foresaide powder into thy nose, and it will stint bléding.

Another for the same.

Take a Tode, and dry him in the sunne very dry, then put him in a linnen bag, and hang him about your Necke with a string, so low that it may touch your brest on the left side nere unto your heart, and commonly it stayeth all kinde of bléding at the mouth, nose, or wound.

Another to stop blood.

If your nose doe bléde vnmeasurably, then tye your little finger very hard about the lower ioynt, and for the most part it faileth not, but stayeth the same.

For spetting of blood.

Take the iuyce of Betony, and temper it with Cowes Milke, and giue the Patient to drinke three dayes.

For the same.

Take Smallage and Pints, Kew, and Betony, and seethe them well in good Milke, and sup it warme.

To stench blood at the nose.

Take Betony, stampe it with a little salt, as much as thou maist take by with thy two fingers, and put it in thy nose.

To stench blood.

Take linnen cloth and burne it, and take the powder and put it in another cloth, and so lay it to the wound. Also take an Hearb that is called Pernincel, and hold it betwene thy teeth, and thou shalt not bléde while thou holdest it there.

Good

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Good for the Braines.

To smell the saour of Muske, Camomile, to drinke Wine measurably, or to eate Sage, but not much, to keepe the head warme, often washing of your hands, measurably walking, measurably sleeping, to heare little noise of Musick or singers, to eate Mustard, Pepper, the saour of red Roses, and to wash your Temples with Rose-water.

III for the Braine.

All manner of Baines, Gluttony, Drunkenesse, late Suppers, to sleepe much after meate, corrupt ayres, anger, heaviness of minds, to stand much bareheaded, to eate too much or hastily, too much heate, too much watching, too much cold, milke, Cheese, all manner of Puts, much bathing, Onions, Garlick, and great noyse, or to smell a white Rose.

For stopping in the Breath.

Take Riew and seeth it in Cisel, and so drinke it: drinke Pettie-seed brayed, and it shall void grauell of the Stone in the Rienes of the Backe.

For a stinking Breath.

Take the seed of Coziander, and boile it in white Rinnep or Hacke, and thereof drinke thre spoonefuls in the morning, and as much at evening, but that you drinke in the morning must be cold, and the other hot, but you must vse to take no excelle of meats, nor drinks, nor sit not late, but rise vp early.

A Medicine for a bruse in the Leg or Arme, or elsewhere.

Take water-Cresses, and wash them cleane, and seeth them in faire water till they be soft, then beate them smal in a Morter, and put them in a cleane Pan, & put thereunto swet suet of a Hart, Buck, or Sheep, and put thereto the Lees of wine, and wheate Bran, and fry all together, and make a plaister thereof, and lay it warme to the sore place, and so lay thre or foure plaisters, as neede shall require.

Another plaister for a bruse or sore vnripen.

Take Otemeale grotes, and seeth them in sweete Cow milke, untill they be as thicke as Pap, and put it into a Pan, with a quantity of Sheepes tallow, and boyle them well, and stirre them well, and then make a plaister thereof, and lay it to the  
the



## for the diseased.

the griefe as you can suffer it.

For a bruise or a straine.

Take the grounds of Ale or Bere, and wheate bran, and Chickweed, and lay it to the griefe thre or foure times a day vpon a red cloth, and not too thin.

For all bruises and aches in the bones.

Take a good quantity of Wallwort, & a certain of Balm, and Smallage, and stamp them well, then take a pound of Pay Butter, and temper them together, then make them in round bales, and let them lye eight daies after, and then stamp it again, then fry it, and straine it, and so put it in an earthen pot, and this will helpe the bruise, though it be very blacke.

A medicine for burning, scalding, or burnt with an Hand-Gun.

Take ten or twelue Egges, as you will make the quantity of your Oyle, and let them be as new as you can get, lay them in the fire, and rost them as hard as you can, then take the yolkes, and chop them as small as you can, and put them in an earthen pot and set it ouer the fire, and take a stick and stir it, and let it boyle untill you see it consumed in a maner to nothing, then take it from the fire, and set it in the ayze a quarter of an houre or more, and there will come an Oyle thereof, then take a feather, and anoint the griefe with the same Oyle, and take Harts tongue leaues, and lay them vpon the griefe, and that will gather the skin, then you may binde a cloth to it.

Another medicine for the same.

Take the dung of Calse of one nights making, and fresh Butter unsalted, or else clarified Shrapes sewet, & fry them in a frying pan a good time or season, untill your sewet be almost consumed, then put them in a clean coorse linnen cloth, and straine them into a small vessell, then take a feather, and dip it in thaliquor, and anoint the burned place or scalded, and when you haue so done, wet a fine linnen cloth in the liquor, and couer the soze withall: and do this twice or thrice a day, and by Gods grace it shall helpe you.

For burning, or scalding.

C

Take

## An Hospirall

Take Maldenwort, Hampe it and sceth it in fresh Butter, and straine it and anoint the patient.

To take away a heat or burning with Gunpowder.

Take a good quantitie of Houllecke, Hampe it and wring out the iuice, take the white of five Egges, and beate them in a dish till they be thin, and then take off the skin, and put the rest together, and wash the sores with a linnen cloth, and lay the cloth aloft vpon the soze wet.

A Medicine for burning or scalding.

Take blacke Sope, or grey Sope, and lay it immediately to your soze.

For burning or scalding.

Take a good handfull of Auens, and as much of Sheepes dung, and so fry them in Pay-butter, & straine it, and anoint the place with the same cold, twice a day, but anoint it first with gray and blacke Sope, and it will helpe, the ointment must bee spzed vpon a flaxen cloth if you can get it.

To make an ointment for burning with Gunpowder or scalding with water.

Take a handfull of Barroes greace, and two handfuls of Grounfel, and two or thre handfuls of Houllecke, and stamp the hearbs together, then put to it new Sheepes-dung two handfuls, of Goose-dung two handfuls, and stamp them together, and being hote, straine them thzough a cloth into an earthen pot, and with the liquo: anoint the burned place.

An ointment for burning.

Take Plantine, Maybzead, Dazy, and greene barke of Elder, and greene Goose-dung, and oyle of Oliue, Hampe them together, and wring them thzough a cloth, & bathe the place that is hurt, with a feather.

For burning or Scalding in what place soeuer.

Take the white of an Egge, and put it in a Pewter dish, and then labour it with an Allum stone, til it be like a Posset rurd: then take a fine piece of linnen, and wet it in oyle Oliue, or in some other oyle, then lay the said cloth vpon the soze, and aboue it lay the sozefaid rurd made of the white of an Egge, and that shall draw out the fire, and heale the soze.

For

## for the diseased.

For burning or Scalding.

Take foure Egges and rosse them, and take out the yolkes, & fry them in a pan softly vpon the embers, till they be black, and thereof will come an Oyle, the which saue and put into a Gally pot, and vse it when you haue need.

A medicine for a burning, for lack of other things.

Take the Berries of Elder tree, and lay them to the soze, and it helpeth.

An other Medicine for the same.

Take Oyle Olive, and beate it with water till it waxe very white, and anoint the place.

For a burning with fire.

Take blacke Vernish, and all to anoint the place with a feather, and it will stay the heate, and heale it as faire as euer did medicine, and so vse it till you be whole.

For a Canker in a womans paps.

Take Goose dung, and Salerbine, and bray them well together, and lay them to the soze paps, it will cleanse the Canker, kill the Woyme, and heale the soze.

For the Canker in the mouth.

Take the iuice of Plantaine, vinegar, and water of Roses, and wash thy mouth withall many times.

A receit to kill a Cock.

Take a red Cock of thzee or foure yeeres old, and kill him and dresse him faire, and cut him in foure quarters, brise the quarters, and pick out the fat of them, then take halfe a handfull of red Mints, & a handfull of Harts-tongue, put them in the pot close, with halfe a pint of Malmsey, sixe crops of Hyssope, a roote of Parsely, a roote of Fennell, a roote of Cardus, twenty Damaske Roses, twenty Raisins of the Sun, foure Paces, and let it steele twelue houres, and let the pot be couered with paste, with a platter vnder it, and let the patient drinke it euery morning next his heart.

A medicine for the Collick.

First take a handfull of Rosemary, as much of Time, & as much of Hyssope, one ounce of Cloues and Pace, & seeth it in a pottle of white Wine, and let it seeth till it be consumed to a

## An Hospitall

quart, then put therein a little Sugar, and drinke thereof luke warme, when you feele your selfe pained, and when it is soden, as befoze is mentioned, you must burne it as you burne other Wine.

For the Collicke in the side.

Take a small wooden dish, and put therein first cold ashes, then lay vpon them hot Embers, without great coles, & ther vpon strew a great quantity of Cummin-seed, and spzinkle it with Oalmie, and so do till the dish be filled: then couer the dish with a faire linnen cloth double, and lay it so hot as you can to your side where the Collike lyeth, & vse this two or thzee times, & it will help you. And for lacke of Cummin-seed, take red Sage, Camomile, Hysope, Thyme, Wenyropall, all of like quantity, and vse it as the Cummin-seeds befoze.

A Medicine for the Stone.

Take Pellitory that groweth on the wall, ground Iuie, Saxifrage, Parsly, Auens, Wallworts, & red Nettles, Pepper, Cheruill, and Gouereure, and boyle all these herbes, of euery of them a like quantity with hay, & clarifie the hay with the white of an Egge, and drinke a draught thereof at any time fasting.

Another for the same.

Take halfe a pennyworth of Parsly seede, as much of Marsh seed, being well dyessed and brused, and leete them all in a pynt of white Balsard to halfe a pynt, and then drinke it milke warme.

Another to breake the Stone.

Take Henthorne flowers, or for lacke of flowers, take Walnes, and distill them, the flowers in May, and the Berries when they be ripe: take of this water thzee spoonesfulls, and thzee spoonesfulls of Oalmie, and a quantity of Ginger, and drinke it warme.

A Medicine not only to breake the Stone, but also clearly to purge you thereof, if you do vse this  
some dayly.

Take the Moles of a Hyp tree, and pyched Holly leaues, & lay them in an Oven, & beat them seuerally into dyppowder, then

## for the diseased.

then put them together being first searced, and of like quantity: then put thereto the powder of Cromwell-seed, & Worm-seed, of each a like quantity, doing but halfe so many in quantity as the powder aforesaid: & they being mixt all together, vse dayly a good sponesfull of the said powder in a draught of Ale. Beer, White wine, or Rhenish wine, evening & morning: and besides that, you may vse the same powder in Soths & Pottages, the oftner the better: haue alwayes in store a good quantity of the said powder: you must keep the same alwaies dry, in a Pipkin by the fire side, or otherwise.

Another for the same.

Take Parsly, distill it, and vse to drinke the water in white Wine, or in good Ale, and it will destroy the Stone, Collicke, Strangury, and other passions in man or woman.

A Medicine for the Collicke and the Scitch.

Take the grounds of Palmstie, Sheepes tallow, Ribwort, red Sage, and Alisanders, seeth all these together, and make a plaister thereof, and lay it to the grieve, and anoint you with Oyle Olive, and Oyle of Balme mixed together.

For the Collicke and Stone.

Take Pellitory, unset Leekes, and Spallowes, of each a like quantity, stampe them, and put thereto a pennyworth of Peates Oyle, fry them well together in manner of a plaister, put them into a bag of linnen cloth, and being very hot, lay it to thy belly and it helpeth within an houre.

And for the Stone, lay the same to the reins of the Backe behind, and it helpeth with speede.

For the Collicke and Stone.

Take halfe a pound of Time, as much Parsly roots, and blades, halfe a pound of Alisander roots, and seeth them all together in a pottle of Ale, untill it consume to a quart, and so drinke it fasting.

For the Stone, and for him that cannot pisse.

Take a quantity of Time, Parsly, crops of Fennel, Sinkfoyle, Alizanders, of like quantity, five or sixe clones of Carlicke: stampe them together, and straine them with white Wine or Ale, and drinke thereof first and last, warmed.

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A speciall Medicine prooued for the Stone, Collicke,  
Dropie, Strangurie, and Iaunders.

Take of Ceeny halfe an ounce: Ginger, Annis seed, Rice,  
rice, Paces, Pettie seedes, Tette, Saffron, of each two penny  
weight, Fennell seede, and Spikenard, of each one penny  
weight, and three penny weight of Sinamon, make all these  
in powder, and drinke thereof halfe a spoonefull at once in  
posset Ale, or in Pottage.

For the Collick passion.

Take Annis seeds, Fennell seeds, and Carraway seeds, of  
euery of them halfe an ounce, Ginger, Galingale, and Si-  
namon, of euery of them two dragmes: Clones, Paces and  
Cardam, of euery of the halfe a dragme, Setwall foure drag-  
mes, Sugar eight ounces, make them al together in powder.

For the stone, or stopping of the water.

Take a pint of White wine, and therewith make a Pos-  
set, then take all the curds away, and put into the Posset  
Ale, two penny weight of the scraping of white Sope, and  
boile it, then drinke it as hote as you can.

For the Collick and the stone, prooued.

Take Parsely seed, Broomes seede, Crommel seeds, Fen-  
nell seeds, Annis seeds, Planten seeds, and Smallege seeds,  
of euery of them a quarter of an ounce, and of Putmegs  
halfe an ounce, of Sugar tryed, foure ounces, and beat them  
altogether in a Morter, untill they be very fine, then searce  
the powder through a searcel, and vse to drinke this powder  
euening and morning, three dayes in a weeke, with Wine  
or other drinke luke-warme, and take of this powder at a  
time, the quantitie of a great Hazel Nut: and if the paine be  
great, take of the oyle of Scorpions, with oyle of Roses, and  
anoint your side where the paine is, against the fire.

To purge the bladder of him that cannot pisse.

Take Fennell, and the rootes of Allesanders, Parsely, the  
rootes and leaues of Harts-tongue, Maiden haire, and seeth  
them in white Wine, and giue it the patient to drinke, and it  
will purge the Bladder in short time.

For the same.

Take



## for the diseased.

Take Rhen, and Grommell, and Parsely, stamp them together, and temper them with white wine, and giue it the sick to drinke warme.

For him that cannot well pisse.

Take a flint stone, and lay it in the fire until it be red hot, and therewith warme your Ale, and then drinke thereof.

To prouoke vrine, and against the stone.

Take three quarts of Ale, warme it well, let it be skimmed thrice, then put to it a handfull of Time, & a handfull of Rosemary, and a handfull of Benni-royall, and let them seeth together till one quarter be consumed, or moze, then straine the hearbs from the Ale, and drinke a draught of the Ale first & last warme.

To make one pisse.

Take a quarter of a handfull of Parsely, as much red Fenell, wash and shred them smal, and put them in a cup of stale Ale, & make a posset therewith, & drinke the Ale, and it helpeth.

For a man that pisseth blood.

Take Ambros a handfull, Bursa Pastoris as much, Parsely seede as much, stamp them al together, and giue the sick to drinke thereof in Goates milke.

To prouoke vrine.

Take a handfull of red Pettile rootes, and seeth them in a quart of good Ale, till it be consumed to a pint, and put thereto halfe a dish of Butter, and let it be cleane skimmed before the Butter be put in, and seeth it in Allesander seedes, Parsely seedes, Grommell seedes, being beaten into fine powder, and straine them through a fine cloth, as much of the one as of the other, and drinke thereof first and last.

For the same.

Take a quantitie of blacke Sope, and English Saffron, and temper them together cold, and lay it cold vpon your nauell, being spred vpon a broad paper, or red leather, and then lay vpon it a linnen cloth, of ten or twelue folds, hote, and roule you with a towell, and so lie downe vpon your bed warme, and it will make you pisse within an houre.

A drinke for the windie Collicke.

Take a quart of Palmie, and two spoonesfull of the pith  
of

## An Hospirall

of Parsly roots, and a handfull of Violet leanes, and blue  
Way leanes: seeth all these together vnto a pint, and drinke  
it moynng and euening warme.

To take away Cornes.

Take Marigolds stamped, and lay it vpon the soze, euening  
and moynng, and it pzoifiteth. Or else pare your Cozne, and  
lay thereto Turpentine and red Way boyled together, and  
make a playster thereof, and it helpeth.

To do away a Corne.

Take and cut away the Cozne, and dröy into it a dröy oz  
two of a black Snail, and put thereto the powder of Sandi-  
fer, and it will do it away.

For the same.

Pare away your Cozne as neere as you can, and put into  
the hole vnleckt Lime as much as a Fitch, and couer it  
with a playster of Ware and Rozen, and let it lie 24. houres.

To make a water against a Consumption.

Take a quart of Rose water, as much of womans milke,  
milke of Goates, of Pares, oz of Colwes milke: put vnto  
them thirty yolkes of Egges well mingled together, and  
thereof distill a water, whereof giue the patient to drinke  
warne first and last, with a Cake of Manus Christi, made  
with Gold and Pearles.

For a Consumption of the Reines.

Take Clary leanes, and picke them, and fry them with  
two oz thee yolks of Egges, & put thereunto Saffron dried  
vpon a stone, & grinde it small, and put all together, and fry  
them in fresh butter, and eate it warme next your heart.

To make a Gelly for one that is in a Consumption.

Take a Legge of Weale, and cut away the fat, and a Ca-  
pon oz Cork new killed, and scald him, and wash him cleane,  
and let the Capon & the Weale lie in water the space of three  
houres, and seeth them on the fire, with two pottles of faire  
water, scum it cleane, and as the fat riseth, take it off, and so  
let it seeth, till halfe þ boöth be consumed, then put in a pottle  
of racke Benith wine if you haue it, oz else a pottle of white  
wine, & let it seeth all together, vntill it consume to a quart, &  
clarifie

## for the diseased.

clarifie it with three or foure whites of Egges, and let it run through a gelly bag, and then set it on the fire againe, and put in one pound of Sugar, and one ounce of Cinamon grosse beaten, and then let it runne through a gelly bagge three or foure times, and after let the patient drinke thereof warme.

For an extreme Cough.

Take Fennell rootes cleane washed, Annis-seeds, and a little Liquorice, and seeth them al together in white Wine, and take the white Wine, and drinke a good draught thereof when you goe to bed, and the next morning take a Figge and a Date, and roste them, and eate them somewhat hote, and neither eate nor drinke in two or three houres after, and in two or three times drinking it shall help you.

For the Cough.

Take eight penny-weight of fine Ginger, and sixtē penny weight of the powder of Clicompane rootes, & one ounce of the powder of Licorice, & two ounces of the powder of Annis-seeds, and three ounces of Sugar Candy, mingle all these together, and vse to eate it when you will at all times in the day, and you shall finde ease therein, for this is well proued.

For the Cough, and to drie vp the rheume and fleagme.

Take a handfull of Sage, a handfull of Bay-salt dried at the fire, a handfull of Cummin, a penny-worth of Cloues, and another of Dates, and beate all these and mingle them together, and put them into a linnen bagge the length and breadth of a mans hand, and quilt it, and vse it hote vpon the mould of the head till you be eased: warme it morning and euening, and lay it to your mould againe.

For the Cough of the Lungs.

Take a pottle of running water, twenty Figges, a quartē of the best Sugar, a good quantitie of Licorice & Annis-seeds, a penny-worth of Maiden-haire, a handfull of great Raisins the Stones picked out, and boyle them vnto a quart, and so warme a little in a stone cruze, and drinke thereof.

For the Cough.

Take Hyssope, Horehound, Sugar and water, boile them al together, till it come to a thinne Sirrope, and so vse to eate there.

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thereof euening and moyning, and all other times when you thinke good.

For a Cough.

Take a pint of Hyssope water, and halfe a pint of Rosewater, and a good quantity of Licoriz bruised, a great spoonfull of Annis-seeds, halfe a pound of white Sugar Candy: let all these boile together, till it come to a cleare Sirrope, then put it in a faire glasse strained, and take this Sirrope at all times of the day or night, when you list.

For the Cough.

Take a tosse of bread, and make it hote, and put on sweet Ballet Oyle on both sides of it, and eat it euery moyning and euening, and it will help you.

For the same.

Take Barrowes or Bozes greace, thye or foure clones of Garlicke, and stampe them together, and warme and anoint thy fete therewith at thy going to bed, and so keep them hot with a tosted trencher and warme cloathes, and you shall recover.

For the chin Cough in Children.

Take Bozes greace, and warme the soles of their feet at the fire, and chafe them with the aforesaid Bozes greace, and let them goe to bed, and keep them warme, and lay cloathes to their fete.

For the Cough and the wheeving.

Take a pound of Sugar Candy somewhat finely beaten, halfe a pound of Licoriz searced, and halfe a pound of Annis-seeds, searced, and an ounce of the powder of ginger, an ounce of Clicompane rootes made into powder, and mingle these together, and take of the same powder halfe a spoonfull at a time when you goe to bed, & when you rise in the moyning.

For the Cough.

Take Hyssop, Licoriz, Boze-bound, a little of the rootes of Clicompane, great Raisins, Figges cut in small pieces, and Annis-seeds: boile all these in water, then straine out the water, and drinke it euery moyning fasting.

## for the diseased.

For the Cough, and for stopping at the brest, and to open the pipes, and to auoid much corruption.

Take the roote of Elcompane, and a roote of Radish, and shred them thin, & Peare-wardens, twice so much as of both the others, then put all together into a new earthen pot, then put thereunto clarified Hony till it ouer-flow the said ingredients: then couer the pot, and passe it that no breath come out, and set it into an Ouen, and let it bake with a batch of bread, and giue the sicke thereof a spoonefull at morning, and another at night.

### Master Bakers Medicine for the Cough of the Lungs.

Take three pints of running water, halfe a pound of Boztingale Sugar, with nine Figges, and halfe a spoonefull of Annis-seeds bruised, a handfull of Raisins of the Sun, cleane washed, hauing the stones picked out, a peny-worth of Mayden haire: let all these boile together till the one halfe and moze be boyled away, and then straine the same through a fine cloth, and euery morning drinke two spoonefulls of it luke warme, and you shall finde present remedy.

### For the Crampe.

Take Hely-oyle, oyle of Alolets, and of Swines greace, of each like much: and make an ointment and anoint the place.

### An excellent salue for a cut.

Take two handfulls of Bugle which groweth most commonly in woods, and as much Valerian: bruise them very small, then take a quantitie of Deere setwet, halfe so much vntwought Mace, so much of these two as the hearbs may be boiled therein, then set it on the fire, and when it is halfe boyled, put in a quantitie of the best Turpentine that you can get, then let it boile till it be enough, and all the while stirre it well: when it is boiled enough, straine it through a cloth into a vessell, and so keepe it.

For a new cut that will not leave bleeding.

Take the blades of vnset Lakes, and stamp them, and put thereunto Hony and Wheat flower, and stirre them well together.

## An Hospitall

gether untill they be thicke: let it come neere no fire, but all cold lay it to the wound, and it will stanch the bléeing, draw out the brused blood, and make it cleane.

For the deafenesse in a mans head.

Take a quart of Malmsie, a penny worth of Cummin, and eight Betony leaues that groweth on the land: then boile all these together, till the one halfe of the Malmsie be consumed: then take the pot that you boile your Medicine in, as soone as the hearbs be boiled, and couer it with a tunnell, and binde it close about the berge, that the heate come not out, then put a quill in the other end of the tunnell, then put the patients eare thereunto, so that the heate may goe close into the head, first the one, and then the other, and whilest the heate is dzining in the one eare, you must stop the other with black wool, and you must haue hot cloathes to keepe in the heate on the other side of the head while that your medicine worketh: then serue the other eare likewise. You must vse it thzee times in the day, that is to say, in the morning, at none, and at night, and so you must continue the space of thzee dayes, and thzee nights. See that the Patient come not into any open ayze the space aforesaid: & you must put to your Malmsie a quarter of a pint of cleere running water.

A good Medicine for deafenesse, vsed by Thomas Steuens of Bushton.

Take Bay-berries, Bay-leaues, Betony, and Sticarus, of each of them one handfull, see the them in white Wine to the halfe, and so for an elde man in Malmsie: then put it into a vessel that hath a narrow mouth, and hold your eare ouer it being vnstopped, so that you may suffer it, being neither too hot nor too cold: then take oyle of bitter Almonds, and let drop thereof two or thzee drops in your eare, and alwaies haue a Locke of fine blacke wooll that groweth betweene the Sheepes legges, to stop close your eare therewith: wherein if you put a little Muske, it will be the better.

A soueraigne Medicine for the paine and buzzing in the head, which hindreth the hearing very much.

Take



## for the diseased.

Take one clove of Garlick, pill it, and prick the thre or foure holes in the middlest, and dip it in fine English hony, & put it into your eare, and put a little black woll after, and lye upon your other side each night, and so let it continue in your eare for the space of seven or eight dayes, and it will expulse the humors at your nose, expel the paine, and restore the hearing.

For the paine in the eare.

Take two handfulls of Sage, one handfull of Hyssop, and halfe a handfull of Rosemary, put these into a little pillow boiled in Rose vineger, Aqua-vitæ, and Rosewater, and lay it to your eare as hote as you can suffer it.

An oyntment for a swelling.

Take a good quantitie of Smalage and Gallowes, and put thereto two pound of Bores grease, one pound of Butter, and a quantitie of Beates sote oyle, stampe them well together, and fry them, and straine them into an earthen vessel.

To make a drinke for an extreme heat or drought.

Take a pottle of faire water, a handfull of Succorie, a handfull of Endiffe, a handfull of Violet leaues, a handfull of Burrage, halfe a handfull of Lettice, two Fennell roots, two Parsly rootes, put them all in your pottle of water, and let them seeth from a pottle to a quart, then take it off, and put a little Sugar to it, and let it haue two wallops more, then drinke of it when you thinke good.

To make a diet drinke.

First buy a diet pot, and fill it full of Conduit water, lacking a quart: then put to the water a quart of white Wine, and set it ouer a soft fire of coles, then put thereto a pound of Licozas scraped and cut in small pieces: halfe a pound of Annis seeds brused, halfe a pound of Lignum vitæ, bought at the Turners, and an ounce of the bark of the same, which you may haue at the Apothecaries, then let all these boile together an houre & a halfe, so that one part of the liquour be boiled away, then take and straine it into a faire vessel, and keepe it close, and drinke thereof first and last a pretty draught warme.

A water for the eyes.

Take kindly Rock Allome white, a small quantitie of Red

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Rose-water, and the iuice of red Fennel, and the white of an Egge well beaten, & take off the scum of the Egge, and beat them together: then straine it through a fine cloth, then dip your finger in the water, and let it drop in your eye.

Good for the sight.

All this is good for the sight: red Roses, Meruaine Rooses, Fennell, Balentine, Pimpernell, Oculus Christi, to wash your eyes with cleare water, or to looke vpon greene colours, measurable sleepe, to looke in a faire glasse, oft washing of your hands and face, and it maketh your meat digest well.

Ill for the eye sight.

To study after meate, Garlick, Onyons, Leakes, Lettice, too sodaine going after meate, wines, hots or cold aire, drunkenness, gluttony, Pilke, Cheese, much beholding of bright things, and as euill red things as white: much sleepe after meat, too much walking after meate, and too much letting blood, Colds, fire, dust, too much weeping, and ouermuch watching.

A speciall good water for the eyes.

Take a new laid Egge, and roste it hard, cut the shell in the middell, and take out the yolke, and put in a piece of white Coperas whereas the yolke lay, and bind the Egge together againe, and let it lie in the fire till the Coperas bee dissolved in water: then take the white out of the Egge, and cut it in small pieces, and let it stand awhile, then straine it through a fine cloth, and keep it in a close glasse, and vse the eye euery morning and euening.

To kill the pin and the webbe in the eye.

Take a quantity of three leaved grasse, as much red Fennel, as much red Sage, as much Dazies, the white of an Egge beaten, and the froth taken away, halfe a spoonefull of Honey, stamp all the hearbs together, and then take the iuice therof, and put therunto the white of the Egge, and the Honey, and then stir them together, and drop the same into the eye of the patient: then take a plaister of Flax tow, and dip it in the said Medicine, and lay it vpon the eye of the said patient, and bind it fast, & let it remaine so an houre at euery time of dressing.

An

for the diseased.

Another for the same.

Take the leaues of Walendine, and stampe them and straine them: then put one drop of the iuice thereof in the eye, and it will help by Gods grace.

For the webbe in the eye if it be olde.

Take the red Pimpernell and Euphrasia, and stampe them in a Morter: and then frie them with Capons grease in a cleane pan: then wryng it throught a cloth into a vessell of brasse, and let it stand therein thzee daies after: put it in a boxe of hozne or tinne, and take thereof and put it into the webbe of the eyes: This Medicine is soueraigne.

A good Medicine for the eyes, being either  
Pearle or Webbe.

Take thze leaues of Dazies, and Pouch-wort, alias Bursa Pastoris, and the Chest lops, alias Wood-liffe: stampe them together and straine them in a little good Ale: drinke of the same thzee seuerall moznings: two houres befoze you rise, and you shall finde ease. Notwithstanding your eyes wil be soze, then wash your eyes with cleare running Water: then drinke of your drinke two moznings againe: and you shall be whole and finde great ease by Gods grace.

A water comfortable for the eyes.

Take the iuice of Euphrasia, or else water made of it: for it is the best hearb that can be for the eyes, what way soener you can take it.

For sore eyes.

Take rotten Apples and distill them: and with the water thereof wash your eyes, and it will purge and cleanse them, and cleare your sight.

For the same.

Take Coperas and lay it in running water and straine it: and when you goe to bed, strike the bzces of your eyes with the same water, and let it drop into your eyes.

A water very good for the eye-sight.

Take Rose-leaues, a great handfull of red Fennell: Veruaine as much: Kewe a handfull: Walendine as much: & distill them together: and you shall haue a good water and  
comfoz

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comfoꝛtable foꝛ your eyes.

A drinke foꝛ the eye-sight.

Take a quantitie of Ruie that groweth vpon the Ashe, a quantitie of the rootes and leaues of Daffes in the field, also a quantitie of Fennel, and a quantitie of thꝛee-leaued Grasse: all theſe being waſhed cleane, ſtampe them and ſtaine them with a pint of ſtale Ale: and drinke thereof euening and morning, oꝛ at midnight foꝛ a ſeaſon.

A perfect water foꝛ the eye-sight.

Take Sage, Fennell, Veruaine, Betony, Cupꝛaſſia, oꝛ Eye-bright, Pimpernell, Sinkfoile, and Hearb-grace, and lay all theſe in white wine all night: and then diſtill them in a Stillatoꝛie oꝛ glaſſe, &c. This water is ſpeciall good.

For the Emꝛodes, and to dry vp any ſore.

Take the broad Pemphane leafe, commonly called Canel-leaues, which growe in waters: waſh them cleane, put them in a paper, and frie them in the embers, & apply them as hot as may be ſuffered, and make them in powder, and caſt them into the ſoze, and it helpeth.

For the ſame.

Take red Woꝛts and ſeeth them in a pot: then take the pot and ſet it vnder a cloſe chaire, and ſit ouer it, and lap warme clothes about the chaire, that no ayꝛe may goe out, and ſo ſit ouer it till it be cold, and then anoint the members with the liquoꝛ.

For the ſame.

Take a plate of Lead, and rub thereon a quantitie of Boꝛes greaſe, foꝛ a man, and Swines greaſe foꝛ a woman, and waſh it with white Wine, and anoint the Emꝛodes.

A Medicine foꝛ a red and high coloured face.

Take Wine leaues, Strawberryes and Cream, and put two penny-woꝛth of Camphire vnto it: then put it in a ſtillatoꝛie with the afoꝛeſaid leaues, and diſtill it: and take the water thereof, and waſh your face therewith morning and euening foꝛ a certayne ſpace, and it will take away the high colour of the ſame.

## for the diseased.

Another for the same.

Take Cowcumbers, and pare them cleane, and cut them in slices, and distill them, and with the water that commeth of them, wash your face daily, three or foure times in the day: if you haue none of the water, then take the Cowcumber it selfe, and pare it and rub your face therewith.

A Medicine to destroy heate in the face, or in any other place, though it be St. Antonies fire.

Take a quart of Smiths water, a handfull of Sage, a handfull of Elder leaues, or of the greene barke, a pennyworth of Allom, and seeth them all together from a quart to a pint, then put it in an earthen pot, and anoint the patient.

For the pimples in the face.

Take wheat flower mingled with Vineger and Honey, and lay vpon them, and it will cleanse them.

Good for a Fellon.

Take Sage, Kew, Snalles, Bay salt, and Bacon, and beat them together, and then lay it to the Fellon, and it shall help you.

For the same.

Take Pearb-grace, Marsh, and white Wozts, rustie Bacon, a little Butter, a house Snalle, mingle them together, and make thereof a plaister.

A Medicine for Biles, Fellons and Vncomes.

Take Wheate flower, Boies greace, May Butter, and Sage, and stampe it together, and make a plaister thereof, and lay it to the Bile, or Fellon, and it will both ripe it and draw it, and if it be fryed, it will worke the better.

To ripe Biles, Fellons, and Vncomes.

Take a pint of Sweet Milke, and set it ouer the fire, and put thereunto a quantitie of Shepes Suet, small Ozed, and a handfull or two of Otemeale fine beaten, and let all these seeth till it waxe very thicke, so that ye may spread it vpon a faire linnen cloth, and lay it as warme as you can suffer to the soze, and it will quickly ripe it, and breakes it without great paine, then when it is broken, lay a little Turpentine vpon a piece of white leather pycked full

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of holes, and it will draw and heale it.

A garglesse for fleagme.

Take a quantitie of Endiue water, and as much Hony, suckle water, a good spoonfull of pure Mustard, a spoonfull of hony, two spoonfulls of Vineger, and a little powder of Pepper, two or three branches of Rosemary, and the leaues of Sage, and put all these together, and heat them vpon a Chafin dish of coles like warme, and let the patient put a spoonfull at once in his mouth, and hold his head upwards, and wash his throat therewith, and it shall make him void much fleagme, let him take thereof as oft as he shall thinke good.

To breake the Fleagme, and for the Cough.

Take a pint of Rhoisewater stilled, one quart of good Muscadine, three or foure good races of case Ginger, pare them cleane, and cut them in slices, and twise so much Liguozice, and pare it likewise, one good handfull of Sugar Candy grosse bzulsed, put all these premises together in a glasse, and shake them together, and stop it close, and let it stand foure and twenty houres, then drinke thereof at your pleasure.

To breake Fleagme.

Take Bitter without Salt, and Honey, of each a like quantitie, and a few bitter Almonds, blaunch them and beate them fine, and eate a little every day.

For the same.

Take Smallage, and seeth it in Vineger, then take the Vineger and wash your brest withall, and then take the Smallage and put it in a cloth, and binde it to your stomack three houres.

For the same.

Take Boyrell and stamp it, and straine it; then take the iulce and temper it with old Ale, and drinke a good quantitie in the morning befoze you rise out of your bed: then take a sleepe after, and you shall deliuer fleagme wonderfull to see for the quantitie.

A Medicine for the Flixie or Laxe.

Take Egges and rosse them hard, and take the yolkes of them and straine them with red Wine, and put thereunto Sinamon,



## for the diseased.

**Sinamon**, then seeth them together, and drinke it as hot as you may suffer it.

For the same.

Take Wheat flower, and the yolkes of Egges, with the iuice of Plantine, and make a Cake of it, and bake it in an Ouen, and eate it as hot as ye can, and drinke thereto Red Wine or Rospice all hot, or else the iuice of Plantine, for it will binde him.

A Cawdle for the bloody Flixe.

Take a pint of Red Wine, and the yolkes of five new layed Egges, a good quantitie of Sinamon, and a little Sugar, the pill of a Pomegranat dyed and beaten to fine powder a good quantitie, and boile all these in a faire platter vpon a Chaffin dish of coles, till it be somewhat thicke, then let the Patient eate of it morning and euening, and as oft else in the day as his stomacke will serue him thereto, and it shall stop him, be the Flixe neuer so great.

A singular Medicine for the bloody Flixe.

Take as much fine cloth as will make a suppositoie, being wadded round together bottomwise, then wet the same in the best Aqua vitæ or Aqua composita, and let the parties grieved conuey the same into their Fundament, and it will help them God willing within thre or foure dressings: this is proued, and hath holpen many that haue bene brought very low, and iudged past cure.

Another for the same.

Take a peece of Allom, as much as a Walnut, put it in a pint of new milke, and seeth it on the fire till the Milke turne to a curd, then take off the curd as you doe the Posset Ale, then take the liquoz that remaineth, and put vnto it a quantitie of the powder of the pill of a Pomegranat, and Sinamon fine beaten, and let them drinke it, and it will stop them, and if they eate of the curd, they shall be stayed the sooner.

For the bloody Flixe.

Take Almonds, skinned, and all, and stampe them small, and take the water of hoked Barly sodden, and make thereof Milke, and put therein skins and scoches of Pomegranats, being

## An Hospirall

being stamped to powder, with a little Sugar, and so eat the same every morning and evening, and put gods of scale that haue bene made red hot in the fire into their drinke.

To stop the bloody Flux.

Take a quart of Beanes dried ouer the fire, so that ye may make powder of them, then bruisse them in a mortar very small, and houlit them, and take a quart of good Ale, & a quantitie of flower, and so seeth them both together, and let the patient eate thereof at night as hot as may be suffered.

For the bloody Flux.

Take a pint of running water, and a pint of warme Milk as it commeth from the Cow, and put them together, then put fine or six Flint Stones in the fire, & when they be red hote, quench them in that liquoz, then put them in the fire againe, and quench them againe three or foure times therein, till the liquoz be halfe consumed, & let the party drinke of it warme.

A Medicine for the falling of the fundament.

Take red Pettles, bray them well, and put them in an earthen pot, and put thereunto a good portion of white wine, and seeth it till the halfe bee waisted, and giue it the sick to drinke first and last alwaies warme, and lay the hearbs to the Fundament as hote as he can suffer it.

A plaister to heale a gowty Legge, a wound

or sore whatsoeuer.

Take a handfull of Gallow leaues, and another of Groundsell, put them in a Wolsnet with faire water, and let them boile till they be sodden so tender, that ye may make a plaister of them, then put the liquoz from the hearbs, and straine them through a Strainer vpon a platter, and set the platter vpon a Chafingdish of coles, then put thereunto a quantitie of Deares Suet, or Shæpes Suet clarified, and bntwought ware, Gallet Oyle, Turpentine, and Rozin: let all these boile vpon a Chafing-dish of coles untill they be thick: then straine all the said stuffe through a linnen cloth into a vessell that you will keepe your salue in, and so let it stand untill it be cold, then vse the same being spzed vpon a cloth, and you shall finde ease by Gods grace, and helpe.

## for the diseased.

A plaister for the Gowt or Ach in the ioynts, wherewith the Lord Rich was cured, when all Chirurgians thought him to be vncurable.

Take halfe a pound of vniwrought Clay, halfe a pound of Rozin, an ounce of Olibanum, a quarter of a pound of fine Littarge of gold, three quarters of a pound of white lead, beaten to powder, and searce it through a Serce, and take a pint of oyle of Beates seate, and set it on the fire in a small Messell, with the Clay and Rozin, and when it is molten, then put thereto the other powders, and stirre it fast with a sticke, and then put a little of it vpon a pewter sawcer, and if it be hard being so tried on the pewter sawcer, then take it from the fire, and anoint a faire boord with some of your oile of Beates seate, and as you may handle it for heate, worke it as it were Coppers ware, and make it in great roles, and make plaisters of it with a chalkingdish of coles, and spread it thin vpon a tenned cloth or leather, and lay the plaister warm where the paine is, and so renew it morning and evening untill you be whole, or till the Ach be dytten into some other loyus, and then take the plaister, and lay where the Ach is, and beware of the colde, and hot wines.

### A Medicine for the Gowt.

Take foure handfuls of Malwozt, and one handfull of Hozehound, and bray them in a Morter, and put their iuice to one pint of Swines greace, and boile them on the fire the space of halfe an houre, then straine it faire: for it is good for all cold Colots in the armes, legges, or seate, and for all griefes in the bones that come of cold.

### A drinke for the Gowt festered.

Take a quanttie of Archangell, Betony, Meruin, of each like much, and boyle them in Wine, and let the sicke person drinke thereof first and last, and it helpeth.

### A plaister for the same.

Take a Sawcer full of the iuice of Smallage, another of Wormewood, hony, salt, and vineger, and mingle them well together, and doe thereto a quanttie of Ric flower, stir them

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fast together, and bottie them, and make a plasser on a cloth, and lay it to the soze, vse the drinke aforesaid, and the plasser, and it will help by Gods grace.

Good for the heart.

Saffron, Burrage, Musk, Cloues, Galingall, Nutmegs, the red Rose, Violets, Sugar, Spaces best of all.

Ill for the heart.

Beanes, Beale, Leekes, Garlick, Onions, sadnesse, anger, bread, too much travell, to drinke cold water after travell, and euill tidings.

A Medicine for the passion at the heart, called

Tremor cordis.

Take the powder of Burrage flower, the powder of Nutmegs, white Amber likewise in powder, the bone in a Stags heart, the powder of Cinamon, al these powders drinke lake-warme with Beere, Ale, or Wine, euening and morning, and the partie grieved shall finde ease. These things must be proportioned by good advice.

A Medicine for a continuall headach.

Take Betony water, and take a cloth thye or foure double, and but thye fingers broad, wet it well in the Betony water, and lay it to your forehead cold. Let the cloth being wet come round about the head, and tie it fast, and thye or foure times thus doing, it will help thee, and when the cloth is dried, wet it againe.

A Medicine to cleanse or purge the head.

Take Bellitorie of Spaine, and chew the roote in your mouth thye daies at times, and it shall doe away the Ach, and fasten the teeth in the gummes.

A Medicine for the paine in the head.

Take a Rose rake, cut it in length and breadth of the forehead, then take Rose water and Vineger of like quantitie, as hote as you may suffer it, lay it to the forehead.

A Medicine for the winde in the head.

Take a handfull of flowers of Cammonill, and halfe a handfull of powder of Cummin, and mingle them together: and make two bagges of the breadth of your eares, and

## for the diseased.

and lay them thereunto.

For the head Ach.

Take the iuice of Kew, and put it into the noſethills, for it getteth out the ſlegme, and clenſeth the bzaine, the hear be ſodden in Wine both the ſame.

For the Megrime or Head ach.

Take ſoure oz ſine Putmegs, and pare and ſlice them as you would pare and ſlice Ginger thin, then make two little bagges of linnen cloth, of the length of your finger, and put in the Putmegs, then take a quantitie of pure red Roſewater, and lay your bagges in the ſame water in a diſh vpon a Chaſingdiſh of coles, and make them hote, and lay theur to the Temples of your head.

A Medicine for the Megrime truely prooued.

Take halfe an ounce of Pepper, two Putmegs, halfe a quarter of an ounce of graines, one pint of Vineger, and a handſul of Roſemary, and boile al together, betwixt two plat- ters vpon a Chaſingdiſh of coles, and then take a cloth, and put it ouer your head, and hold your head cloſe ouer it till it be boyled well-nere all away, and by Gods grace it helpeth.

For the Megrime.

Take ſue-leaued graſſe, and Mozell that is called S. Mary hearb, euen portions of theſe two, and Betony as much as of both the other, and beat all theſe in a moyter, and take the iuice of them, and put to the ſame iuice as much May-butter as the quantitie of the iuice, and thereof make an ointment, and anoint therewith the patients browes when he goeth to bed.

Another for the ſame.

Take Sole Armonick, Sanguis Draconis, and Terrasi- gillat, of each like quantitie, and beat them in powder, then to make a plaſter, take ſlaxe and lay it vpon a ruſſet paper, as broad as you will haue your plaſter, and take the cleare of an Egge, and lay it vpon the ſlaxe, and then take the ſoſeſaid powder, and caſt it on that ſide of the plaſter that ſhall lye next your head: and put one ſolde of ruſſet paper, oz elſe of linnen betwene your head and the Medicine, oz elſe it will cleane

## An Hospitall

cleane very soze to the haire of your head, and this Medicine is well pzooued.

A good Medicine for the Megrime in the head.

Take leather vnallomed, so broad as your soze-head, and in length from Temple to temple, rase the same leather, but not thzough, thereupon lay the oyle of the white of an Egge, then take of the Apothecaries Sanguis Draconis beat into powder, and scatter the same vpon the oyle thinly, and this done, lay it vpon the sozehead, not taking it away till it bee ready to fall away of it selfe.

A Medicine for the blacke Iaudis.

Take White straw and lay it abroad vpon a faire floze, in a close house, and put in Gese, and watch when they dung, and take it by whole, and with a knife scrape off the white that is about the dung, till you haue a quantity thereof, then dzie it in an Ouen, and make powder thereof, and dzinke it morning and euening in Ale warmed, and that will cure both the blacke and yellow Iaudis.

Another Medicine for the blacke Iaudis.

Take the hearbe Ambros, Betony, Bugwort, of each of them a handfull, of Centory halfe a handfull, and thze o2 foure Dock rootes, cleane washed and scraped, and stampe all these together in a moztar till they be indifferent smal beaten, then take Spicknell, Turmericke, and Galigarie, of each of them like quantity, and stamp them likewise in a moztar, then put the hearbs in a clean linnen cloth by themselves, and the spices by themselves, and tie them fast with strings, and hang them in a gallon o2 two of Ale when it is new and ready to be tunned, after thze o2 foure daies dzinke euery morning next your heart a god draught thereof, and dzink no2 eat no2 thing two o2 thze houres after, and so likewise when you goe to bed, and no doubt by Gods grace it will help you.

For the blacke Iaudis M. Anthony Cox prisoner.

Take the gall of a Asuen, and dzie it, and grate it into powder: take a quantitie in a spoone, and temper the same with Beere o2 Ale together, and dzinke it fasting in the morning.

A Medi-



## for the diseased.

### A Medicine for the yellow Iaudis.

Take a handfull of red Pettie crops, and seeth them in a pint of Ale, and drinke the same being strained, thre or foure daies together.

### Another for the same.

Take hard Spanish Sops, a little stale Ale in a cup, and rub the Sops against the cup bottome, till the Ale bee white, and saue it in Iuozie, and let the patient drinke thereof first and last till it be whole.

### For the same.

Take Salendine leaues, and put them into your hosen next your feete.

### A Medicine for the yellow Iaudis.

Take a bigge Apple, and cut the top, so as it may coner the Apple againe, and take out the coze, and put into it some sweet Butter, and a good deale of Turmericke, and a good quantitie of English Saffron, and rosse if very tender, and let the sicke person eate of it thre or foure moznings together, or moze if neede be.

### For the same.

Take a quart of white Wine, a great handfull of Salendine leaues, and boile them to a pint, but in Winter take the rootes, and drinke thereof mozning and euening warme.

### For the yellow.

Take Bay Salt, Ores, and Cummin, and dry all these, and make two bags thereof, and as hote as may bee suffered, lay the one after the other to the plow or crowne of the head, and so ble it a good while.

### For the same.

Take sharpe leauen, and Bay-Salt vpon it, cold, and put it to the yellow, and it will helpe.

### A very good Medicine for an itch.

Take Dock rootes, and beate them, bruse them and frie them with fresh butter, & anoint the patient with the salne, and in fve or fixe times dressing, it will helpe you:

To make one seeme young, long, to purge the winde and cleere the sight.

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Take powder of Fennell, Annis, and Clicompane, and  
emper them with Aqua vitæ, and dry them againe, and eate  
a quantity thereof morning and evening.

To make a Whay Laxative.

Take a pint and a halfe of clarified Whay, halfe an ounce  
of Beanie, a groats worth of Annis seeds, halfe a handfull of  
Pops, Burrage, Buglas, of each halfe a handfull, and a little  
Fumitorie, and seeth all these in clarified Whay, untill it be  
halfe consumed, and drinke it two mornings.

A good plaister for the festered legges that  
have beene long sore.

Take Marsh, and wilde Tanste, Plantine, and the great  
Mozell, Honey, and the white of an Egge, & milk of a Cow  
that is of one colour, and barley flower, and thicken all these  
together, and bray the hearbes in a moyter, and after that  
mingle the rest with the hearbes.

For the stopping in the Liver.

Take the broth of a Chicken, of Mercury & Suckoz halfe  
a handfull, and a few great raisins, and picke out the stones,  
& let all these boile together: then take a few bitter Almonds  
and blanch them, and beate them, and with the same liquoz  
make Almond milk, & so vse to drinke it every morning first.

Another for the same.

Takeadder roots, boyle them in halfe a pint of Ale, and  
let it seeth to a draught, and let him drinke it in the morning  
fasting, twice in a weeke.

For the same.

Take Turpentine of Venice, to the quantitie of a Beane,  
and put it in a spoone, and hold it ouer the fire till it do melt,  
then put thereto a little white sugar, and let him eate it eue-  
ry day fasting.

For heat in the liuer, and drynesse in the hands.

Take a quantity of Strawberry water stilled, seeth therein  
a quantity of Liverwoort, and drinke it with as much Sirroy  
of Pints.

For the heate in the Liver.

Take Saunders, and good strong Wineger, and heate them  
hote,

## for the Diseased.

hose, then take the scarlet in graine, and dip in the same, and so lay it to the spoone of your breast, on the right side.

For the Plurisie.

Take Brookelime, Sheep setwet, and a little faire water, and fry them together in a frying pan, and make thereof a plaister, and lay it to the Patients side, and it will draw out the corruption.

For the Plurisie or Stitch.

Take Aqua vitz, and Capons grease, boile them together, and dip therein black wooll, and lay it hot to the stomacke, and it will ease the Stitch.

For the Lungs.

Take the Lungs of a Fore, and dry it to powder, and put a quarter of a sponesfull into a little Almond milk, or bzoth, and eat it, and it is very good to preserve the Lungs.

For the pricking of a thorne, or needle in a ioint, if the hole be stopped againe.

Take fine bolted flower of Wheat, and temper it with white wine, and boyle it together untill it be thicke, and lay it on the soze as hote as you may suffer it, and that shall open the hole, and draw out the benome or filth, & ease the aking, and heale and close it bp againe: and for lacke of white wine pee may take Ale or Bere: and this medicine is good to heale a Byle, Whitlow or Wincome.

An easie Purgation.

Take a pint of White wine, and one ounce of Senny, and a good handfull of Raisins of the Sunne, the stones being taken out, & halfe a sponesfull of Annis seedes: put all these into the said White Wine a whole night, and the next morning boyle it to a draught, & so let the person drink it luke warme: and if you will, you may put thereunto thre or foure rotes of Polipodie of the Oke.

An easie Purgation.

Take two pound of Figges, and put them in a gallon of fine woozt of Barly Malt, put thereunto two ounces of the powder of Licorice, an ounce of Sugar, when the Figges are boyled, bray them small in a Morter, & draw them through a

## An Hospirall

strainer, and let it boyle againe, and cast thereto a pint of the best Oyle Oliffe when it is well coolea: an ounce of Raisins of Currants, and eate this with light bread.

A plaister to be laid to the same side that the melt is in.

Take a good quantity of new wheat branne, as much Annis seeds, & beat them small in a moyster, then in a pan mingle them with Vineger vpon the fire, til it be like a plaister, then put it in a linnen bag of two handfulls long and one handfull broad, and make it thin and warme, lay it to the side where the melt is, and role it fast, and in the morning take it away, and then wash the side with his owne water, and drinke againe, vse this order foure nights.

For the Morpew.

Take and drinke Elder water nine daies three spoonesfulls, and every day looke that pee sweat, then take three or foure Rye Apples, & lay them in white vineger soure and twenty houres, and then wash the body with vineger, and it helpeth.

Another for the Morpew.

Take the iuice of Saleadine, and mingle it with the powder of Rymstone, and lay it where the Morpew is, all cold.

For the Morpew, white or blacke.

Take Helony, Harts tongue, Sage, Plantaine, red Fenell, water Cresses, of euery of them one handfull, of hearb Benet halfe a handfull of the leaues, of Uernine an ounce: and distill these, and drinke euery day fasting foure spoonesfulls thereof, and walke an houre after vpon it.

To clesne the mouth, and to fasten the teeth.

Take Sage and Woodbine leaues, of each a handfull, a good spoonesfull of Honie, a peece of Allome as big as a good Walnut, boyle all these together in a quart of running water to a pint, & wash the mouth with this water luke warme three or foure times in the day.

For to destroy a Ring-worme.

Take a red Docke root, and let the roote be pared, & when it is pared, lay it in vineger, till it be well steept, & then rub it well vpon the Ring-worme: & if it be verie ranke, take the powder

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powder of Brimstone, and lay it in the vinegar: and temper them well together, and then rubbe well the King-worme withall, and it shall destroy it.

A medicine to kill a Tetter, Ring-worme, or any kinde of Itch.

Take Sallet Oyle and Salt tempered together, and being luke warme, anoint the sores therewith.

A Restorative which diuers Noble-men haue vsed, and hath prolonged their life.

They take a pound of Cap Dates, cleane picked, and the stones taken out, & caused them to be sodden in a pint of Muscadine, till the wine were somewhat consumed, and kept it in a glasse, and thereof did put in their pottage three or foure spoonfulls at once, when they did eat any brath euery meale.

To heale the vessell wherein Nature lyeth,  
if it be broken.

Take the huskes of lables, or Acornes dyed, and beaten to powder, take a spoonfull, and drinke it in the morning with a little warme Ale, & lye in your bed an houre or two after.

For the Palsie.

Take a handfull of Sage, a handfull of Sothernewood, a handfull of Spike, a handfull of Lavender, a gallon of running water, and boyle all these together, till it come to a pint and a half, then straine it and put it out into a stone Crosse, & take euery time thereof foure or fve spoonfulls in a sawcer luke-warm, and gargle it in your mouth to and fro, and after spit it out; and in like manner put foure or fve spoonfulls in a sawcer luke-warme, & so chase that part of the body which is pained with y<sup>e</sup> Palsie, with a sponge dipped in the said water.

Another for the same.

Take powder of Pepper, & powder of Bellitorie of Spain, and powder of Iuie of each an ounce, and powder of Sage two ounces, and vse this powder in thy pottage.

For lameness in the side comming by Palsie.

Take a bath of Sage & Slope, & boyle a great quantity of the together, in running water, & bathe the side which is sore with it, and bind the hearbs to it so hote as you can suffer it.

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A medicine very good for those that bee taken with the Palsie, though not the Shaking Palsie.

Take the blond of a Fore warme, as it commeth from the Fore, the blond about the heart is best, but all the rest is good: and with this blond all to chafe the place that is taken, and then take the skinne of that Fore, and put the raw side nere where the Palsie is: and it must lie to it at the least twelue houres: and in the meane time till you can get the For, chafe the nummed place with Oyle of Oline, or Aqua composita: this medicine of the Fore is speciall good for the Palsie, and hath bene well proued.

For the Palsie that taketh away the speech.

Take Sage leaues, & Primrose leaues; and if it be Winter, use Primrose roots, then beate Sage and the Primrose leaues together, of each like much, strain it with Ale, the giue the Patient to drinke a good quantity. This is well proued.

For the same.

Take Sage and dry it betweene two warme Tyles, and lay it to the nape of your necke, and binde it to the wrists of both the armes: then take a Putneg and slice it thinne, and lay one slice aboue the tongue, & another vnder the tongue, and so vse it as often as you thinke good, and by the grace of God it shall do much good: the necke, and the wrist must be anointed with Oyle of Spike, or the water of Spike.

A medicine for the Palsie.

Take Lauender, Spike, and Sage, and distill them, and drinke thereof a good quantity euery mornning, being warme, either in Ale or other wise: take also Sage and Betonie, and put them betwene two dishes vpon a Chasingdish of coales, and sprinkle them with good Palmie, and so apply them warm to the nape of your neck, and the wrist of your hands.

A medicine for the Palsie.

Take the beards of the heads of vnset Lokes, and wash them cleane: take a quantity of running water, and seeth them sterrin till they be somewhat tender, then dry them wel in a linnen cloth, stamp them as small as you can, then take a  
god



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god peece of fresh butter, boyle them therein, vpon a Chafingdish of coles, and put in a good quanttity of English Saffron, and boyle them together, and when it is well boyled, straine it thzough a faire cloth into a glasse, and keepe it, and when you will occupie it, make a plaister thereof vpon a linnen cloth, and lay it cold to the grieve.

To stench the bleeding of the Piles.

Drinke the iuice of Pittsoyle, for that is proued: also do thereunto the powder of burnt Garlick, & the Piles shall die.

To destroy the Piles.

Take Oyle of Roses, and Frankincense and Hony, and make an oymtent of them, & put it in with thy finger, into thy Fundament: and put thereunto Mirrhe, and often anoint the Fundament therewith, and let the breath thereof go by into thy Fundament.

A true medicine for the Piles.

Take black woll, and black Hope, and binde it thereto.

To make a salve to bring wounds that rankle and ake into their owne kinde, and ease the burning and aking.

Take the iuice of Smallage and Plantine, like much, take Hony and the white of an Egge, like much, and put to them boulded flower of wheate, and stir them well together untill they be thicke, and let it come nere no fire, but all cold, and raw: lay it to the soze, and it shall cleanse the wound, and ease the aking, and bzing it to his kind, and heale the wound faire: This is a pzinipall salve.

For a wound that is ouer-healed, and sore vnderneath.

Take barlie meale, the white of an Egge, and Hony, and mingle them together, and make a plaister thereof, and apply to the soze, and it helpeth.

A plaister for a greene wound.

Take flower and milke, and sceth them altogether till it be e, then take the white of an Egge, and beate them together, and lay it to the wound, and it will keepe it from rank-

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To make Millonitret to cure any greene wound or Vncome,  
or others, whatsoeuer they be.

First, take two pound of Rosin, halfe a pound of Wax, halfe a pound of Frankincense, a quarter of a pound of Sheepes suet clarified, put them into a faire pan, then take a pottle of the iuice of Millonet, boyle these aforesaid stufes with a soft fire, till they be moulted, & stir them a pretty while, then put thereunto the iuice of your Millonet, and stir them till they be cold, and let them stand a day or two, then melt it againe with a soft fire: and when it is moulted, put thereunto a pint of red wine, and stirre it till it be cold, that you may wock it with your hand, and make it in roles.

A water to cure all manner of wounds and sores, be they neuer so sore and stinking, and all manner of cankers in the nose, mouth, throte, or wheresoeuer.

Take a handfull of red Sage, a handfull of Salerbine, and as much of Woodbine flowers with the leaues: take a gallon of running water, and put the hearbes in it, & let them boile to a pottle, then straine them through a strainer, and take the liquoz and let it ouer the fire againe: then put thereto a pint of English Honey, a good handfull of Roch allom finely beaten, a penyworth of graines grosely bruised, & let them boile all together three or foure walmes, & then let the scum be taken off with a feather, & when it is cold, put it in an earthen pot or bottle, so as it may be kept close: & for a green wound take of the thinnest of the same water, and for an old soze, of the thickest, the water being first well shaken together, and after that you haue clenched the old soze with white Wine, take a quantity of fine lint, and the same being well wet in the said Water, do you therewith oftentimes bathe your said wound and with the said lint in the end couer the wound: & if there be any holes in the said wound, fill them with Lint made tent-wise, and so after couer the whole wound with a peece of a bladder, the more better to continue your lint in measure: vze this your wound twise a day, in the morning, and the euening, and it helpeth.

## for the diseased.

A Medicine or drinke for him that is burk in  
the belly or cods.

Take a knuckle of Seale, a pottle of white Wine, halfe  
an ounce of Pace, halfe so many Dates, halfe a pound of  
Raisins of the Sunne, a handfull of Cumfrey, a handfull of  
Polipodium, alias Fearn of an Oke, a handfull of Sparoking  
alias Knotwort, take al these, and put them in an earthen pot,  
and set on a Kettle of water of five gallons, and set the ear-  
then pot in the water, and stop it withASSE very close, and  
let the Kettle bee kept seething five or six houres with the  
earthen pot therein, and keepe the Kettle still full with other  
seething water: then take all these and beat them in a Mortar,  
and straine it, and gine the patient of the liquoz thereof  
both first and last.

### For the Tooth-ache.

Take a pint of white wine, halfe a handfull of Lavender  
cotten, and seeth them together till the wine be halfe spent,  
then put into it halfe a spoonfull of Bay salt, then let it seeth a  
little, then take a spoonfull of the liquoz, and put it in that side  
which the paine is in, and keepe it in thy mouth, and then put  
another spoonfull in, so one after another, and it wil help thee.

A good drinke to put out the small Pox or Pimples.

Take a Posset of Ale with Milke, and the curd being ta-  
ken off, take red Fennell the quantitie of a spoonfull, and the  
same being sod together with the Ale, straine it, and put ther-  
to the quantitie of a Nutmeg, of fine Treacle, a quantitie of  
Sewtwall, and a quantitie of English Saffron, being well  
mingled together, and gine it the patient to drinke warme.

A present remedy for an Ague.

Take two ounces of Bay-salt, as much of white Fran-  
cincense, and a handfull of Smallage, beaten al together, and  
lay it to the wrists of your hands, and to the boughts of your  
arms, two houres before the fit doe come: pyoned.

For the same.

Take two or three Cloues of Garlick, and bruse them,  
in a pennyworth of Aqua vitæ, halfe a pint of Ale, and seeth  
them together, and drinke it a little before the course of fit

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doe come, as hote as you may.

For the Collicke.

Take Cromell seed, Parsly seeds, and Annis-seeds, of each two spoonfulls, graine Fennell one handfull, one Parsly root, one Radish roote, of each as long as a finger, bisset Time one handfull, one handfull of Philopendula, and a handfull of Cherry-stones, wash al these and bruse them and stamp them very small, boile all these in two quarts of white Wine, in an earthen pot close, till a pint be consumed, then let it run thzough a linnen cloth of it selfe, without straining, and drinke it mozning and evening.

For the windie Collicke.

Take a quart of Ale clarified, two spoonfulls of the flower of Liguozice, one spoonfull of the flower of Annis-seeds, halfe a spoonfull of brused Fennell-seeds, a little Time, and seeth them together till a pint of Ale be consumed, and so drinke it first and last.

For the Collicke and stone.

Take a handfull of Auens, a handfull of Bellitozie of the wall, as much of Cammomell as will lie in the palme of your hand, and a spoonfull of Parsly seede, brused a little, make a Posset of Renish wine, take the curd, and boile all these together in the drinke till the substance be boiled out, then vse it mozning and evening.

For a paine in the side that commeth of winde.

Take a handfull of Cummin-seed, another of Annis-seed, and two of Rew, and seeth all these together in running water from a pottle to a quart, put to it halfe a pint of white Wineger befoze it be cold, dip a sponge in it, and wring out the liquoz somewhat, and lay it to the patients side as hote as he can suffer it, and when it beginneth to wax cold, take a new.

To remoue a disease from the stomack.

Drinke a quantitie of Dragon water, or water imperringled with Treacle or Mithridatum.

For them that doe cast vp their meat, by reason of weaker esse of the stomacke.

Take the nether crust of Bzotone bread, drie it well

for the diseased.

leisurely at the fire, then sleepe it in strong Vineger a little while, take it out and spread vpon it the powder of Cloues, warme it againe, and tie it about the mouth of the stomack, and the vomit shall cease.

A drinke for cleansing of the stomacke, and to be taken luke-warme in the morning.

Take Rose, Rosemary, and Time, of each two crops, and put them in a pint of Ale, with a good quantitie of Sugar, and let them boile till the strength is in them, then drinke thereof two houres befoze meat.

A drink to auoid the scagme out of the stomacke, to make it easier to come vp: you may take of it a spoonfull or two, continually when you need.

Take eight spoonfulls of Rose-water, foure spoonfulls of Conduit water, and two spoonfulls of white Vineger, halfe a quarter of white Sugar, boile all these in a Porringer vpon a Chafingdish of coales, and scumme it cleane, and then drinke it luke-warme.

A remedy agaiust the Plague, sent to the Lord Mayor of London, from King Henry the eight.

Take a handfull of Sage, a handfull of Hearb-grace, a handfull of Elder leaues, a handfull of red Bramble leaues, stamp them all and straine them thzough a fine cloth with a quart of white Wine, and then take a quantity of Ginger, and mingle them together, and so take a spoonfull of the same, and you shall be safe for foure and twenty daies, and so being nine times taken, shall be sufficient for all the whole yeere by the grace of God. And if it be so that the party bee striken with the plague befoze he hath drinke of this Medicine, then take the water of Scabious a spoonfull, and water of Berry a spoonfull, and a quantitie of fine Treacle, and put them all together, and cause him to drinke it, and it shall put out all the venome. If it fortune the Botch to appeare, then take the leaues of Brambles, Elder leaues, Mustard-seede, stamp them all together, and make a plaister thereof, and lay it to the soze, and it shall draw out the Venome, and the wound shall be whole by the grace of God.

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To cause one for to sleepe.

Take a spoonfull of pure Rose water, as much of Winger, two spoonfulls of the Oyle of Roses, halfe a handfull of Rose-leaves made in powder, mingle them altogether, and take crummes of leauned bread made of wheat, and make a plaister thereof, and lay it over the sozehead and temples.

For a sore throte.

Take Cullumbrines, and Stinkfoyle, and stampe them both together, and straine them with Spilke, and drinke it very warme.

For the Hickop.

Take Oyle of Lillies, and anoint the sick mans body sundry times.

For a Canker in the mouth.

Take a Fiolet deluce roots, wash it, and slice it, and a few leaues of Penny-ropall, lay them in sleepe in Conduit water, and so wash your mouth with the water.

For a Laske.

Take an Egge, and Aqua composita, and boile it with the Egge till it be dyie, then take Cinamon and Sugar, and eate with the Egge.

A Medicine very precious, called *Flos vnguentum*, good for all manner of maladies, that is to wit, against all sores, and wounds, against all maner of impostumes in the head or body, against head-ach, singing in the braine, or boiling in the heart, shrinking of sinewes, it draweth out any thorne or broken bone, and all maner of Ach out of the Liuer, Splene, or Lung, it helpeth the Emerodes, and it is very good to make a Scar cloth for all Gours, Aches, and pestilent Botches, and therefore this Treatise is worthily called *Flos vnguentum*.

Take Rozin and Ber, of each halfe a pound, of White waxe, and Frankincense, of each a quarter of a pound, of Rich an ounce, of Harts sweet a quarter of a pound, and of a pound of Campher, and two dragmes, melt that is melted, and pare that is to bee pared, and searce it,



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ouer the fire, straine them through a cloth into a pottle of white Wine, with all the other Medecines together, then is it cole, till it be no hotter then bloodwarms, then put therunto a quantity of Turpentine, ever stirring it untill it be cold, but ever beware that your Stuffe bee no hotter then bloodwarms when you put in your Turpentine, or else it marreth all your Stuffe: and make it up in roles, and keepe it to your vse, and when you will, occupy it plaisterwise to your griefe.

To make the blacke salve, that cureth all old sores and Vicers, be they neuer so great, soule, and stinking.

Take a gallon of stale Ale being very strong, two handfulls of Woodbine leaues, halfe a handfull of red sanded Pettles, as much Coleworts, with the ragged leaues, halfe a pound of red Wysons, halfe a pound of Garlick pilled, a pound of buset Leekes, a little dishfull or handfull of the powder of a rotten Bosc, of an Oke is best: let all these be stamped small in a mortar severally by themselves, put them into the Ale with halfe a pound of Roche Allom, then set them ouer a soft fire, and let them boile till the one part or moze be boyled away, then let them stand thre or foure daies, but first straine them through a cleane cloth into a cleane vessel, the put to them halfe a pound of wax, halfe a pound of Rozin, halfe a pound of the Peruell which is graine, a quantity of Stone Honey, then set it ouer a soft fire againe, and let them boile till the one halfe be consumed, then put it into a cleane earthen pot, and stop it very close, and vse thereof when you haue occasion.

Prescriptions and rules made by M. Doctor Good, to be observed at the Bathe.

**W**hen you come to Bathe, after your iourney, rest and quiet your body for the space of a day or two, see the fashion of the Bath, how and after what sort others which are there doe vse the same.

If it be not a faire cleare day, goe not into the open Bath, rather vse the water in a Bathing vessel in your Chamber as many men doe.

The best times in the day to go into the Bathes, is in the

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morning an houre and a halfe after the Sunrising, or thereabout, in the most quietest time, and when you shall feele your stomack well and quiet, and that your meat is well digested, and have rested well the night befoze: but befoze you go into the Bath, you must walke an houre, or halfe an houre at the least in your Chamber, or elsewhere.

You must alwaies goe into the Bath with an empty stomacke, and as long as you are in it, except great necessity require the contrary, and then to take some little supping befoze your walking, or befoze you rise is not hurtfull, let your carrying in the Bath bee according as you may well abide it, but tarry not too long in any wise at the first, although you may well abide, that your strength at no time may faile you.

You may tarry in the Crosse Bath an houre and a halfe at a time after the first bathing, and in the Kings Bath you may tarry after the first bathing, at one time halfe an houre, or thre quarters of an houre, but in any wise tarry no time vntill you be faint, or that your strength faile you.

And if at any time you be faint in the Bath, then you may drinke some Ale warmed with a tosse, or any other supping, or greene Ginger, or if great need be, Aqua composita, Methridatum, the bignesse of a Nut-kernell at a time, either by it selfe, or mixed with Ale or other liquors.

As long as you are in any of the Baths, you must couer your head very well, that you take no cold thereof, for it is very perillous to take any cold on your head in the Bath, or in any other place during your bathing time.

When you come forth of any of the Baths, see that you couer your selfe very well, and dry off the water from your body with warme clothes, and then put on a warme sheet and a Mantle, or some other warme gowne, for taking of cold, and so goe straightway to your warmed bed, and sweat diligently, and after that you may sleepe awhile, but you must not drinke any thing til dinner time, except you be very faint, and then you may take a little Sugar candie, or a few Raisins, or a little thin broth, but small in quantity to slake your thirst onely, because it is not good to drinke or eate by

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by after the Bath, vntill you haue slept awhile if you can.

After that you haue slept and sweate enough, & are clearly deliuered from the heat that you had in the Bath, and in your bed, then may you rise and walke a little, and so goe to your dinner, for by measurable walking, the euill vapours and windinesse of the stomacke that are taken in the Bath be driven away and utterly auoided.

After all this, then goe to your dinner, and eate of good meates, but not very much, that you may rise from the table with some appetite, so that you could eat more if you would, & yet you must not eat too little for decayng of your strength.

Let your bread be of good sweet meale, and of one daies baking or two at the most, and your meat well boiled or roasted, and specially let these be your meates,UTTON, Scale, Chickens, Rabbits, Capon, Pheasant, Partridge, or the like.

You may also eate fresh water fish, so it be not muddy, as Celes and the like, refraine all salt fish, as Ling, Haberdine, &c. auoid all fruit and rawe hearbs, Sallet, and the like.

Apparell your body according to the coloures of the weather, and the temperature of the ayre, but in any wise take no cold.

And if you bathe againe in the afternoone, or after dinner, then make a very light dinner, as a couple of poached Eggs, a Caldwle, or some other broth with a Chicken, and then after foure or fve houres your dinner so taken, you may bathe againe, and in any wise carry not so long in the bath as you did in the forenoone.

You must at no time goe into the bathe, except you haue beene at skool, either by nature or otherwise, and if by no means it will be of it selfe, then take a suppositorie once in dayes at the least wise.

For all manner of Wormes,

Take Groundsell, and Plantaine with the rootes, and wash them and straine them with Palmie, and warme it, and give it the patient to drinke three dayes together: it will destroy all manner of wormes, and if you haue an Ague, it will cure it by Gods grace.

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A Medicine for the wormes in a childe.

Take Aqua composita that is made of hearbs, and wash the brest of the childe, then take the powder of mirche, very fine beaten, and strew it upon the brest of the childe after that it is washed, and lay a warme cloth to it, and let it be foure and twenty houres.

For the Wormes.

If it fortune the Childe to have a Worme, as oftentimes they doe, then take that Worme and dry it, so that you may make it into powder, and giue it to the childe to drinke in Ale or Wort, and it shall kill the rest of the Wormes, or cause them to come forth alive.

For him that hath drunke venome, and his belly be-  
ginnerh to swell or ake,

Take graine Kewe, wash it, stamp it and temper it with white wine, and giue it him to drinke.

To cleare the voice.

Take Dyanth, Hype, Parts-tangs, Eliscompane, of Licorice, and of Fennell: and boile them together with cleane water, and so drinke it first and last.

A Medicine for the Tisicke, and stopping in the brest,  
and so open the pipes.

Take Parsly rootes, Fennell rootes, Suctorie roots, and take out the pith of them, and seethe them in white wine till they be soft, seeth therewith Juniper berries, if you can get them, then straine it: when it is well sodden, put Bellitoye of Spaine to the wine, and let the sick drinke of it morning and euening eight daies.



FINIS.

